

# ASHTANGA YOGA INTERMEDIATE SERIES

## Surya Namaskara A



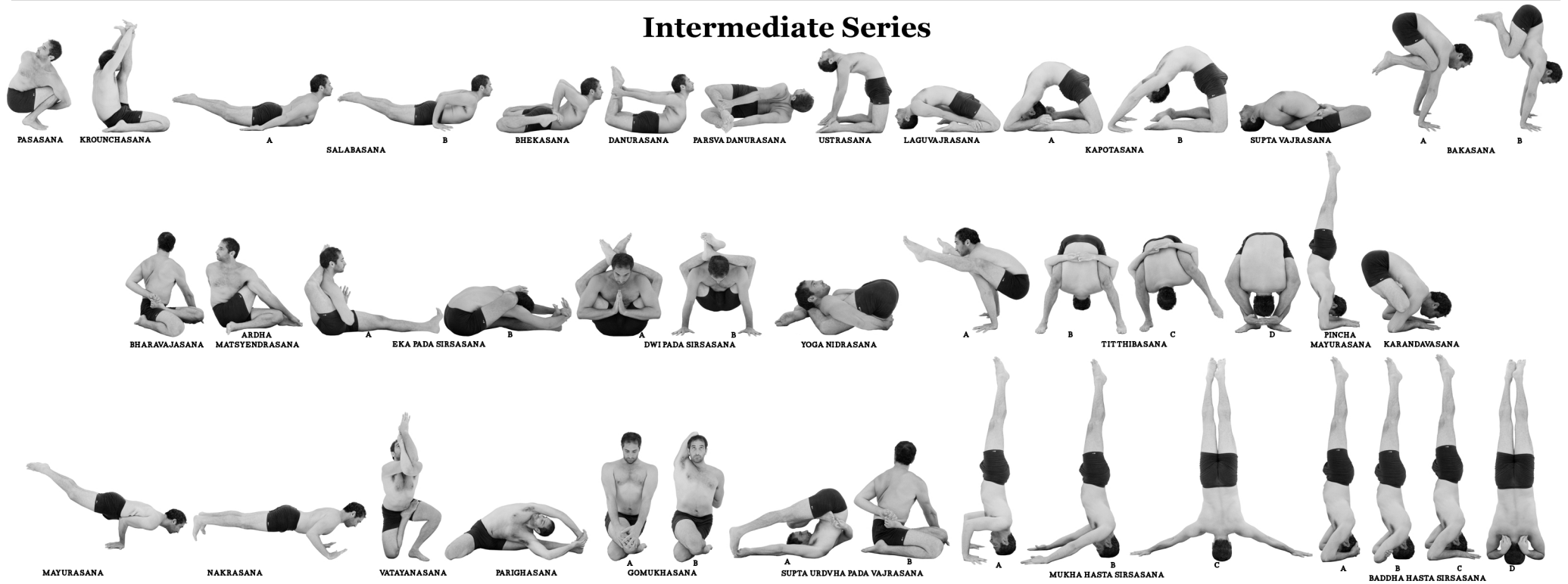
## Surya Namaskara B



## Standing Sequence



## Intermediate Series



## Finishing Sequence

